



**Carver High hires new golf coach**

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**Nurses unite for common cause**

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**G'boro man wins driving honor**

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# THE CHRONICLE

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Photo by Bobby Brower

Sharon Cunningham leads a health and fitness class at a local church.

## 2010 fitness goals obtainable for all, specialists believe

BY LAYLA FARMER  
THE CHRONICLE

New Year's is a time for new beginnings, and for many in the Triad community and beyond, the dropping of the ball in Times Square last week was like the gunshot at the start of a race to become healthier. Weight loss and fitness are goals that are often reflected in New Year's resolutions, and having the right approach is the key to success in these areas, local fitness specialists say.



Shirese Moore of the Winston Lake Family YMCA.

Sharon Cunningham, an American Airlines flight attendant and fitness specialist, has owned her own company, UFit2, for the last two decades. In this time, Cunningham, a native of Winston-Salem, has helped countless souls gain physical fitness, through her exercise classes and one-on-one personal training sessions.

Making short term, attainable goals and assessing progress appropriately can help guard fitness newcomers from

disappointments that could lead to giving up, said Cunningham, who turned her company into a nonprofit two years ago to aid underserved populations. Measuring in inches, not pounds, is the best way to judge progress, especially during the early stages of adopting a weight loss program, she said.

"The scale is not a good indication of what's going on with your body," Cunningham stated. "The numbers will vary especially with women; we'll get heavier before we get smaller. That's the reason why a lot of people quit."

See Fitness on A5

## County has new tool to fight infant mortality

BY TODD LUCK  
THE CHRONICLE



Photo by Todd Luck

Candis Boykins with her baby girl, Deztini.

Even now when Candis Boykins looks at her 10 month old baby girl, Deztini (pronounced "Destiny") Hall, she still can't believe she's a mother.

"(To say) 'I have a baby,' it still sounds funny to me," said Boykins, whose previous pregnancies ended with heartbreak.

She had several stillborn births and delivered a baby prematurely that lived for only three hours and 57 minutes before leaving this world. With none of her pregnancies lasting beyond 21 weeks, she was almost ready to give up on her dream of being a mother.

But Boykins was one of a growing number of women who receive weekly injections of the drug 17 alpha-hydroxyprogesterone caproate or 17P to help carry their babies for a fuller term.

While on 17P, Boykins carried Deztini for 34 weeks. Although was not the standard 37 weeks recommended for a healthy pregnancy, it was long enough for the baby to gestate. Deztini came in at a healthy three pounds and 6.9 ounce.

"Honestly, without (17P), I don't think I'd have her," said Boykins, looking at her energetic little girl.

Health officials in Forsyth County, which has long car-

See 17P on A9

## THE LIGHT AT 'THE LIGHT'

Submitted Photo

The voice of Anita "Boss Lady" Dean is well-known to Triad gospel lovers. She hosts a popular Sunday morning show on 1340 The Light AM (1400 AM-Greensboro), and is known and admired for her love for her fans and her faith in God. Read more about Dean on page A3.



Photos by Layla Farmer

N.C. Rep. Earline Parmon and City Council Members Derwin Montgomery and James Taylor listen to Milton Rhodes talk about the new arts hub.

## COMING ATTRACTION

VIPs get tour of new arts center

BY LAYLA FARMER  
THE CHRONICLE

U.S. Rep. Mel Watt was among a handful of state and local politicians to get a sneak peak at the progress of the Downtown Center on Marshall Street Tuesday afternoon. The pride and joy of the Arts Council of Winston-Salem and Forsyth County, the multimillion dollar renovation in the former Sawtooth Center building is slated for completion in September 2010.

The result of a wealth of public and



See Tour on A10

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